

Mind-Body Medicine In the Treatment of Posttraumatic Stress Disorder

LTC Richard P Petri, Jr., MC

Director, Center for Integrative Medicine

William Beaumont Army Medical Center

~A Department of Defense First~

10th Annual Force Health Protection Conference

USACHPPM

Louisville, KY

8 August 2007

Deployment Health Track



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Behavioral Health Track



Presentation Objectives

- Understand basic Mind-Body Medicine
- Examine the evidence for Mind-Body Medicine
- Understand the importance, now and in the future, of Mind-Body Medicine especially as it relates to the Government and Military in the treatment of Posttraumatic stress disorders and stress management
- Review proposed initiatives within the DoD

病院



"I'M TRYING SOME ALTERNATIVE THERAPIES. THIS ONE IS CALLED 'TAKE-2-ASPIRIN-AND-CALL-ME-IN-THE-MORNING.'"

A Return to the Basics



The History of Alternative Medicine



2000 BC

**“Where is my
root?”**

The History of Alternative Medicine

1000 AD

**“That root is heathen, say this
prayer”**



The History of Alternative Medicine

1850 AD

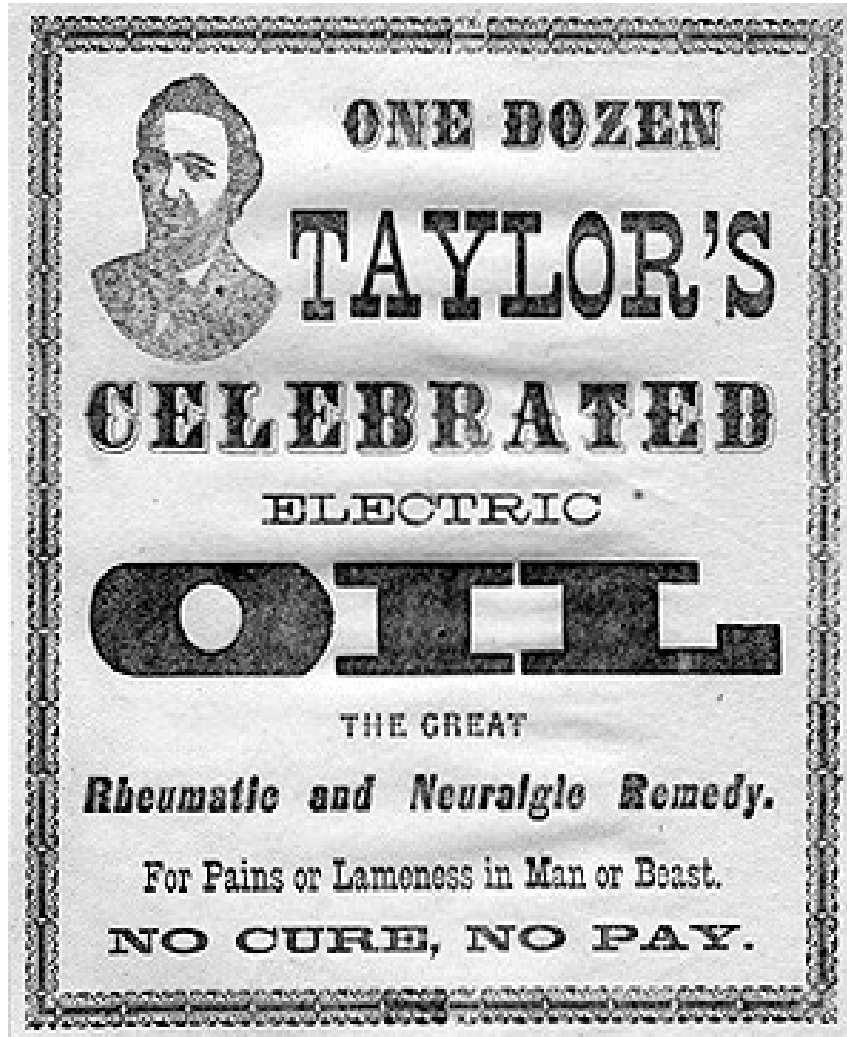
**“That prayer is
superstition, drink
this portion”**



The History of Alternative Medicine

1900 AD

“That potion is snake
oil, swallow this pill”



ONE DOZEN
TAYLOR'S
CELEBRATED
ELECTRIC
OIL
THE GREAT
Rheumatic and Neuralgic Remedy.
For Pains or Lameness in Man or Beast.
NO CURE, NO PAY.



ALL FAT PEOPLE
... Can be CURED by taking ...
TRILENE TABLETS
(Regd.)
for a few weeks. They will safely
REDUCE WEIGHT and CURE
OBESITY PERMANENTLY,
whether Abdominal or General.
They are small, agreeable, harm-
less, and private, and never fail
to improve both Health and
Figure without change of Diet.
An English Doctor writes:—
“Your Trilene Tablets are splendid.”
Send 2s. 6d. to Mr. A. Wells, THE
TRILENE CO., 66, Finchbury
Parsonage, London.
An interesting Book accompanies each box.

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The History of Alternative Medicine

1945 AD

**“That pill is ineffective,
take this antibiotic”**

Thanks to PENICILLIN
...He Will Come Home!



**FROM ORDINARY
MOLD—
the Greatest Healing
Agent of this War!**

the tiny, greenish-yellow mold above, called *Penicillium notatum* in the laboratory, gave the antibiotic substance first discovered by Professor Alexander Fleming in 1929. From penicillin by its discovery, it is the most potent weapon ever developed against many of the deadliest infections known to man. Because research is so much more intensive a part of scientific enterprise, scholarly laboratories were well able to meet the problem of large-scale production of penicillin, when the great need for it arose.

When the thousands of bottles of this war hero were included in pages of white paper in a library book, the greatest news-event of World War II was still to be the discovery and development — and of course, the weapon that it brought — but of a weapon that never knew that weapon, of course, is penicillin.

Every day, penicillin is performing some unbelievable act of healing on men that yesterday, thousands of men would have been who otherwise would not have had a chance. Better still, more and more of this precious drug is now available for civilian use... to save the lives of patients of every age.

A few years, production of penicillin was difficult, costly. Today, due to specially devised methods of mass production, it was by Schenley Laboratories, Inc., and the 20 million doses developed by the government to make penicillin, it is available in even increasing quantity, at progressively lower cost.

(Taken from "THE DOCTOR HUNTER" section by FREDERICK M. MAYER, Sunday morning, C.A.S. Sun page paper for this and other.)

Scientifically Produced
Penicillin of PENICILLIN



The History of Alternative Medicine



AD 2000

**That
antibiotic is
artificial, eat
this root”**

NCCAM Classification of CAM Therapies



- Alternative Medicine Systems
- Biologically based therapies
- Manipulative and Body-Based methods
- Energy Therapies
- **Mind-body interventions**

CAM Modalities



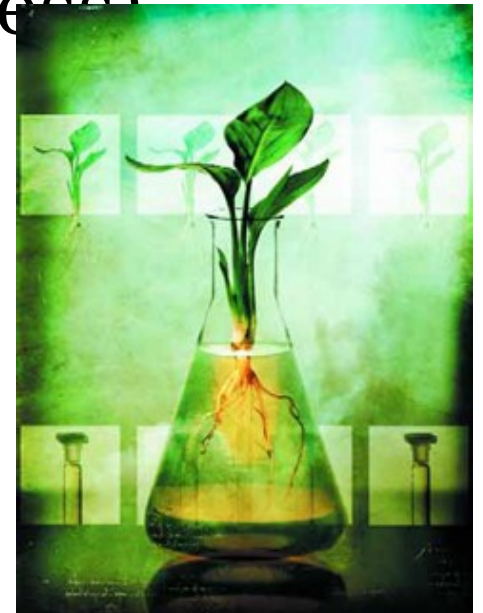
- Megavitamin and Orthomolecular Therapy
- **Diet Therapy**
- Biologics
- Clinical Ecology and Environmental Medicine
- Hypnotherapy
- **Relaxation**
- **Meditation and Mindfulness**
- **Transcendental Meditation**
- **Imagery**
- Radionics
- Music Therapy
- Sound Healing
- **Art Therapy**
- Light Therapy
- Prolotherapy
- EDTA Chelation Therapy
- Behavioral Kinesiology
- Electrodermal Diagnostics
- Magnetic Therapy
- Natural Hygiene
- Cayce-Based Therapy
- Psychic Surgery
- Medical Acupuncture
- Phytomedicine
- Shamanistic Practices
- Spiritual Healing
- Bioelectromagnetic Effects on Health and
- Massage
- Other Bodywork Approaches (Rolfing, Alexander, Feldenkrais, Orthobionomy, Trager, Reflexology)
- Therapeutic Touch
- Qigong
- Yoga
- Other Energy Approaches
- (Reiki, Shen, Polarity, Wirkus, Brennan)
- Cranial/Sacral Therapies
- Bioenergetics and Orgonomic Medicine
- Biofeedback
- Neurobiofeedback
- **Behavioral Medicine**



"Let me through, please-
I'm a homeopath!"

Public's Concerns With Conventional Medicine

- Cost (14% of GNP)
- Safety (11% of hospitalizations iatrogenic)
- Success (aging and chronic illness)
- Technology and knowledge (depersonalization)
- Role of science in medicine



CAM in the United States

- 42.1% of patient seek CAM treatments
- 72% conceal use from doctors
- 83% use in combination with conventional medicine
- 21.2 billions of dollars per year spent ¹
- More visits than to Primary Care (60M)
- “Minor” treatments include weight loss, performance enhancement, self-care, pediatrics



¹Eisenberg DM, Davis RB, Ettner SL, Appel S, et al. Trends in alternative medicine use in the United States. Journal of the American Medical Association. 1998;280: 1569-1575

Updated Tindle, H., Davis, R., Phillips, R., Eisenberg, DM, Trends in Use of Complementary and Alternative Medicine by US Adults: 1997-2002. Alternative Therapies in Health and Medicine Jan/Feb 2005 Vol 11 (1), 42-49.

Military usage of CAM?

- Military has a higher percentage of usage than the general public at 81% ²
- Herbal use has the highest usage ^{1,2}
- Low back pain is the most common reason patients use CAM ³



¹ Tindle et al Trends in use of complementary and alternative medicine by US adults: 1997-2002 *Altern Ther Health Med* 2005 Jan-Feb; 11(1) 42-9

² McPherson F Schwenka MA, Use of complementary and alternative therapies among active duty soldiers, military retirees, and family members at a military hospital *Mil Med* 2004 May;169(5):354-7

³ Sherman, et al, Complementary and alternative medical therapies for chronic low back pain: What treatments are patients willing to try? *BMC Complementary and Alternative Medicine* 2004, 4:9

So, who is really outside the
box?



The Box



Patient Centered Care

Current Medical Practices

Synthetic Pharmaceutical
Regimens
Prescription without care
Disease Centered
Passive Patient Role
~~Success based on cure~~

**Active
Patient
Participati
on in
Healthcare**

**A return
to self
care**

**Healing over
cure**

The Paradigm Shift



Premiere
Issue

SAY GOODBYE TO ILLNESS!

Sickness Is NOT Natural!

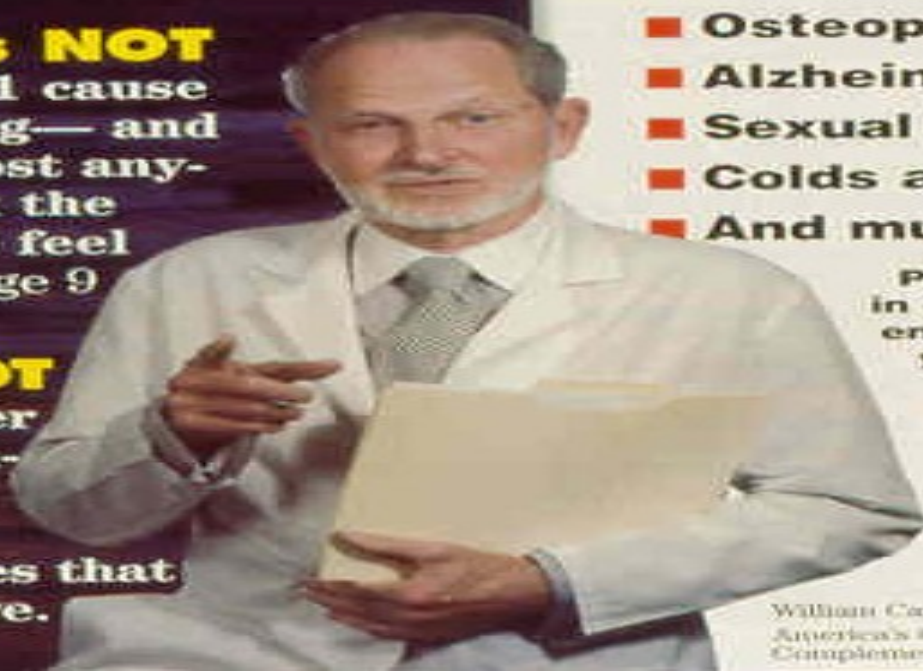
Three easy ways to jump-start your immune system—and live a longer, healthier, more active life! Page 3—inside!

"Old Age" Is NOT Natural!

The #1 cause of premature aging—and a simple way almost anyone can turn back the hands of time and feel years younger! Page 9—inside!

Drugs Are NOT Natural!

Sinister side effects of commonly-prescribed drugs. And safe, natural alternatives that are just as effective. Page 8—inside!



INSIDE:

Safe, drug-free cures for:

- Heart Disease
- Chronic Fatigue
- Osteoporosis
- Alzheimer's
- Sexual Problems
- Colds and Flu
- And much more!

Proven to work in over 6,100 scientific studies... yet 9 out of 10 doctors will never prescribe them!

Learn the surprising reason why, inside...

William Campbell Douglass, M.D.,
America's #1 Advocate of
Complementary Medicine

HEALTH 2000



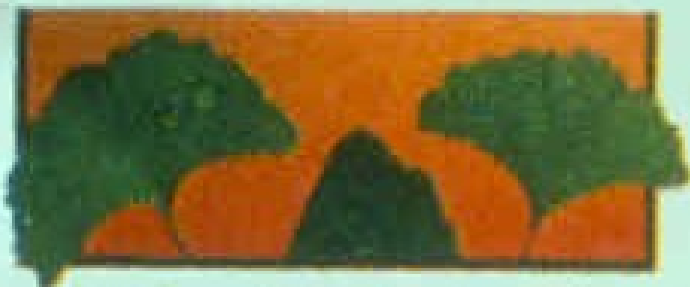
Your Biggest Worries Are Over

**You Now Can Prevent or
Cure almost Any Major
Illness**

**Get Rid of Your Health
Problems in 6 Months or
Less—While You Double
Your Energy**

**Forget Out-of-Date
Medical Myths and Get
the Kind of Health You
Never Had Before**

**See Inside for
Breakthroughs Even
Your Doctor Won't
Discover for
Another 5 Years**



The Original
GINKGOLD[®]

The World's #1 Ginkgo Extract

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- Promotes Concentration and Mental Sharpness*
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Health, Food and
Drug Stores.

ECKERD

WHSmith
Serving the Thriftier since 1793

Walgreens

Is **Natural** Really Natural?

What is it?

Amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl dipropyl ketone, ethyl acetate, ethyl amyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl-2-butanone (10 percent solution in alcohol), a-ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, g-undecalactone, vanillin, and solvent.

Natural Strawberry Flavoring

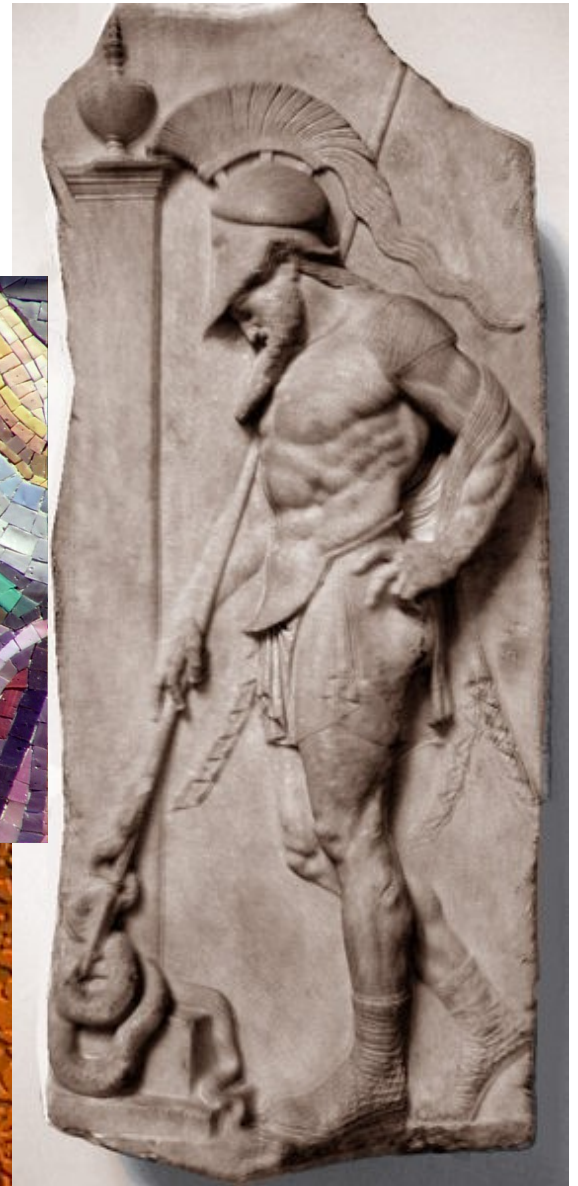
Looking Back

Can We Learn from Our Past?



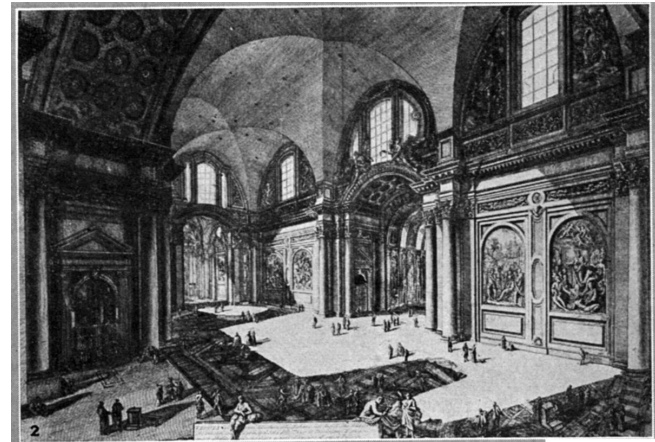
The Ancients

- Chinese
- Samari
- Greek
- Roman



The Spa of Restoration

Reward or Necessity?



The Roman
Spas

Looking Forward

Can We Avoid the Past?



Sharpening the Warrior's Sword



- Focus
- Discipline
- Determination
- Purpose
- Tenacity

Taking it to the Warrior's Edge

- Warrior culture
- Time Heals all wounds
- Life as a series of moments
- Army of One is now Army Strong
- Empowerment without Stigmatization
- How to make it “macho” to ask for help



Mind-Body Medicine

- Historical Perspective
- Mind-Body as Self Care
- Modalities of Mind-Body Medicine
- Evidence for Mind-Body Medicine in P



Self Care Practices

- Self awareness
- Relaxation
- Meditation
- Guided Imagery
- Exercise
- Biofeedback
- Nutrition



Proposed Initiatives

- Healing the Wounds of Our Warriors (HTWOW)
- RESET
- VALUE

Revolutionary or Evolutionary?

